



Clinic Newsletter

Sep - October 2015

Posture and Pain

Have you ever lifted two large bags one of which is a few pound heavier than the other. How did you feel after 5 minutes or 10 minutes! The answer is unbalanced and in pain because gravity was exposing one side of your body to more tension. You don't have to be carrying bags to be unbalanced. Poor posture is one of the most energy consuming positions for the body, ignoring it, could persist for many years leading to chronic pain and early arthritis.

Poor posture usually results in the head leaning forward and shoulders rounding. The pelvis tilts forwards causing your bottom and stomach to protrude and chest to collapse. The shoulders and upper back become tight with muscle's lengthening and the chest becomes tight with muscle shortening. Your joint range of movement decrease's when muscle's become tight making simple movement difficult. Pain is caused through a combination of body weight and gravitational pull which exert excessive tension on muscles, ligaments, discs and joints.

Protecting your back

The sensitive area of the back include the spinal cord, facet joints, inter vertebra discs and nerves. These tissues are firstly protected by the spinal canal then ligaments and finally the muscles. The muscles act to move joints and orientate limbs and ligaments prevent the joint from moving to far.

Muscles act like leavers which are at their optimal and strongest point when balanced and neutral. As an example: make a tight fist and keep your wrist straight. Try and bend the wrist forwards, and then backwards. You will find the fist is less tight and strong when bending forwards. This is due to muscles being taken to an end range and further tightened. When the wrist bends backwards you effectively lengthen the muscle creating laxity in the tissue. In both movements the muscle is not balanced and creates weakness. The same thing occurs in the low back when leaning forwards and backwards.

Muscles are often injured when a normal range of movement is increased as with stretching or overloaded to quickly as with lifting. If you're muscles are already compromised i.e locked long or short, you're more likely to overload the muscle and cause injury.

For more information or to find out what we can do for you please contact Zac at the Manor lodge practice on 01934 750 419

find out more at www.manorlodgepractice.com

Protecting Your Back Recommendations

Variety: To much of any single activity can lead to muscle soreness and pain. Organise you're tasks/workout to relive cumulative movement e.g when sitting at a computer take 5mins from every hour to walk round and mobilize the shoulders and hips, include movement exercise and stretching into a weekly routine

There is NO correct sitting posture: Position should change regularly. A good seat is one that allows a range of different sitting positions

Avoid bending or twisting the spine especially when lifting and sitting for long periods: This avoids disc injury, muscle / ligament imbalance

Always bend your knees when lifting: Keep load/item close to your body and slow down lifting movement.

Pilates/yoga: improve's body awareness, flexibility, co-ordination, muscle stability and core power.

Registered Osteopath
Zac Beard B'OsT

Manor Lodge Parctice
West road, Lympsham
Weston-Super-mare, BS24 OEG
t: 01934 750 419
w: www.manorlodgepractice.co.uk



